

Vol. 59, No. 42

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 20, 2000

Tyndall falls short of energy consumption-reduction goals

John Kain
325th Civil Engineer Squadron
base energy manager

Tyndall finished Fiscal 2000 with an energy consumption reduction rate of 7.5 percent, well short of the 20 percent scheduled for Fiscal 2000 and short of the executive order goals.

The Air Force goals were established by executive order. In June of 1999, President Clinton signed the most recent energy policy act, Executive Order 13123, Greening the Government Through Efficient Energy Management. Section 202 of this order set the energy efficiency goals for all government agencies.

One of the biggest problems with energy reduction today is awareness. This year's slogan "Be Energy Smart" addresses the need for instruction, guidance and knowledge of what energy is and what we can do to save it. Awareness is a very simple concept involving logic and common sense. If you see an empty room with the lights on, turn them off. It doesn't have to be your room, but by setting the example, maybe the person responsible for that room

will get the idea and do it themselves.

We have been working hard to lower our energy consumption by designing and building more energy-efficient facilities, housing and equipment, and implementing programs designed to reduce energy consumption. Through energy savings performance contracting, lighting, controls and equipment have been replaced in some of the less energy efficient facilities and more are programmed for Fiscal 2001. Even with all these efforts, Tyndall has progressed only slightly toward the mandated goals.

Reaching the energy reduction goals will take a full Team Tyndall effort. With limited resources and budgets looming ahead, replacement of base infrastructure will be slow and provide little help for the large reductions needed. We, the members of Team Tyndall, will have to take up some of the slack. To help us identify problems and recommend improvements, there are several guidance instructions and manuals available to aid in our endeavors to be energy smart. Tyndall Air Force Base Instruction 32-1001, Building

and Facility Coordinators Handbook, provides a checklist and information on what to look for and how to correct energy deficiencies. TAFBI 32-1004, Base Lawn Watering Policies and Procedures, lays out base water-use policy. Believe it or not, water is a utility and is part of the utility conservation program. Use both of these instructions to identify potential improvements in your areas.

National Energy Month is always in October and I am not sure why. Maybe it is because October marks the end of the long hot summer and ushers in the first full month of fall, bringing with it cooler temperatures and hopefully, lower humidity. But no matter what, National Energy Month is a good time to concentrate on reducing our energy consumption.

We must all work together to get Tyndall's energy program back on track and moving in the right direction. Think of energy as a national resource, consumed to support life, and slowly becoming extinct. Try to remember this in your day-to-day routines and make a conscious effort to conserve energy. For more information, call John Kain, 283-4817.



2nd Lt. Chuck Lee

Fore!

Brig. Gen. William F. Hodgkins, 325th Fighter Wing commander, completes the very first drive on the renovated front nine greens of Tyndall's Pelican Point Golf Course during the grand opening of the greens Saturday morning. The greens renovation is the first step toward course and facility improvements over the coming months.

Air Force members fly 100th shuttle mission

Staff Sgt. Joel Langton
45th Space Wing
public affairs

PATRICK AIR FORCE BASE, Fla. (AFPN) — When the Space Shuttle Discovery lifted off recently, two Air Force officers were at the controls flying NASA's 100th shuttle mission.

Col. Brian Duffy, commander of STS-92, is in charge of the seven-person crew, and Lt. Col. Pam Melroy is assigned as the pilot for the mission. Melroy is the third female pilot in the shuttle program.

The shuttle will be delivering the next in a series of major hardware components to the International Space Station. The ISS will receive its first framework structure to house communications and motion control equipment during STS-92.

Duffy and Melroy will be at the controls during four scheduled spacewalks. Two teams of spacewalkers and an experienced robot arm operator will collaborate to install part of the ISS's backbone.

Although Duffy and Melroy, both Air Force test pilots, are now wearing the NASA blue versus Air Force blue, they took differ-

ent routes to shuttle controls.

Duffy, a Boston native, went to the Air Force Academy where he flew for the first time. "Probably the most important thing I did (at the Academy) was I got a chance to fly in a number of different airplanes, one of them being the F-4. To be a 19-year-old at the time in the back seat of an F-4, a hundred feet off the ground, going 600 miles an hour made me realize that was something I really wanted to do," Duffy said.

After graduation, Duffy went to pilot training and eventually found himself in an F-15 cockpit. He later became an Air Force test

pilot, where he flew more than 25 different aircraft before entering the space program.

Duffy was accepted into the program, where he's been for the last 15 years. STS-92 will be his fourth mission into space.

While Duffy went through the Academy and flew fighters, Melroy went through Wellesley College where she got her commission through the Reserve Officer Training Corps. She later received her master's degree at the Massachusetts Institute of Technology. After entering active duty, she

●**SHUTTLE from Page 1**
went through undergraduate pilot training and, upon graduation, was selected to fly tankers.

When she was a child and originally decided that she wanted to be an astronaut, women weren’t even allowed to fly in the military, much less in space.
“I was born at the right time,” Melroy said. “The doors just opened a few years ahead of every step that I made. And so, I was really lucky. When I was in high school, they started letting women fly in the military,” Melroy said.

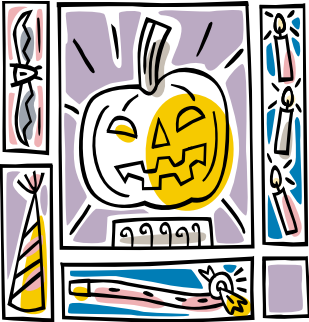
Eventually, after flying combat missions in Operation Just Cause and Desert Storm, Melroy was selected as a test pilot and subse-

quently has flown nearly 50 different planes. Then she was selected for the space program. This mission is her first foray into space.
“Actually being in the physical environment of zero-gravity, without a doubt, is the thing I’m looking forward to the most. In the training that I’ve had, I had 20 seconds at a time of zero-gravity on the zero-gravity trainer airplane that we have,” Melroy said.
“And the first time I experienced that, I just got a huge grin on my face and started to laugh! I can’t imagine how much fun it’s going to be, 24-hours-a-day for 11 days on end. That’s going to be the most fun part of it.”

Tyndall Pride

The front zipper of the flight suit will be closed to within approximately 3 inches of the neckline — AFI 36-2903.

Boo!



*Halloween
on base
will be
observed 6-
8 p.m. Oct.
31.*

Web will improve military service member moves

ALBUQUERQUE, N.M. (AFPN) — Web technology will completely transform the way service members and civilian employees move, by using the internet to make the process instantaneous, centralized and personalized all at once. “We have to have vision,” said Maj. Gen. Kenneth L. Privratsky, Military Traffic Management Command commander, speaking about the personal property moves of military service members.

MTMC is responsible for an average of 646,000 personal property moves a year for military and civilian employees. Privratsky made his vision known at the annual meeting of the National Defense Transportation Association in Albuquerque, N.M., recently at a panel session on “Web Technology and Defense Transportation.” “Web technology will revolutionize the MTMC-managed move of the nation’s military,”

Privratsky said. According to the general, a web-based move could allow a service member to do the following:

- Make the personal property move arrangements.
- Obtain airline tickets.
- Arrange pay.
- Submit claims.
- Receive information on customs for overseas assignment.

“The real challenge we have in the Department of Defense is to

see the problem as it is,” Privratsky said. “And then partner with industry. The web is providing MTMC with many solutions.” MTMC’s web page provides industry information on bid solicitations, policy, procedure and news and can be found at: www.mtmc.army.mil. Other technological advances proposed include a single call center, for MTMC personnel who have questions about a move, and a his-

torical data center that allows MTMC to call up instantly a complete record of a specific customer’s business. In the future, the government and military should not maintain systems separate and unique from industry, Privratsky said. “We should get out of processes where our presence is not required,” he said. “We don’t have to have unique systems.” As an example, he said military shippers should be able to deal directly with ocean shippers without going through MTMC. Instead, MTMC would record a transaction’s shipping data but not be involved in the actual transportation arrangements. “All of this will impact on people,” said Privratsky.” We have to keep that in mind at all times as we find a better way to use technology on the web.

Sports Page Pizza Pub



**All you
can eat
pizza
buffet**

**10:30 a.m.-1 p.m.
Monday and Thursday**



**Take time
with your
kids — read
together!**

Air Force will test new ID card in November

WASHINGTON (AFPN) — Three Air Force bases and an Air National Guard unit will begin testing the software used to produce a new Department of Defense common access card in November, Air Force officials said. The new card will eventually replace the standard military identification card.

Langley AFB, Va.; Osan AB, Korea; Ramstein AB, Germany; and the 203rd RED HORSE Unit in Virginia Beach, Va.; were selected to begin the initial phase in of the card that's been dubbed a "smart card" because of its embedded microchip, magnetic stripe and two bar codes.

In October, the DOD began issuing the new multi-purpose card which will become the standard ID card for about 4 million active-duty members, selected reserve, civilian employees and eligible contractors.

More than just an identification card, it will eventually allow physical access to secure areas, permit entry into computer networks, and serve as the authentication token for the public key infrastructure.

The common access card uses cutting-edge technology to reform business processes, eliminate paper-based activities, ensure network security and enhance military readiness.

According to Col. William P. Nelson, Air Force director of architecture and interoperability, the new card can store up to 32 kilobytes of information, of which a portion is reserved for service applications.

"The Air Force will initially allocate its space by migrating existing smart-card applications to the common access card," he said. Existing applications include the Falcon card issued to cadets at the Air Force Academy, Colo.; the Recruit card, issued to trainees at Lackland AFB, Texas; a Standard Asset Tracking System in use at 21 bases, but soon to be implemented Air Force-wide; and the Deployment Personnel Accountability Readiness Tool.

The common access card will be phased in over three stages. The first phase is the testing at Langley, Osan, Ramstein and the 203rd. The second phase, beginning in January, will add Hurlburt Field, Fla., and will test the SATS application. The third phase will involve issuing the new cards to about one-third of the Air Force target population in February 2001,

with the remaining two-thirds getting their cards by September 2002.

"The phase in will be accomplished base-by-base, probably through normal attrition, but the DOD is still working out details," Nelson said.

The new ID is based on "smart card" technology that stores and processes information on an integrated microprocessor chip. Embedded within the card, this chip is a small computer without a monitor or power supply. It has the capability to read, write and perform various operations on several thousand bytes of information. The common access card is about the size of an average credit card and will incorporate linear and two-dimensional bar codes and a magnetic stripe in order to enable the card to support other functions, either on a department-wide or individual command basis.

Among the possible activities being considered on a department-wide basis are processing food services charges in military mess halls and updating manifest and deploy-

ment data. Also being evaluated are placing individual medical and dental information on the card, as well as student status, armory and property accountability, training and firing range performance.

"I applaud the fact this card gives our people a key technological tool to improve performance while protecting individual privacy," said Bernard Rostker, Under Secretary of Defense for Personnel and Readiness, whose office assisted in the development of the card.

To protect privacy, the card is designed with minimum information to support its identification, access and management features. It complies with the Geneva Convention for the uniformed services. While the card will not include a personal handwritten signature, it will store certificates to enable cardholders to digitally sign documents such as e-mail, encrypt information and establish secure web sessions to access and update information via the internet. These provisions are intended to enhance

individual privacy in the department as computerized systems replace paper-based systems.

Each card is expected to cost about \$6 to \$8. Costs are expected to decrease as larger quantities are purchased and technology and competition improves.

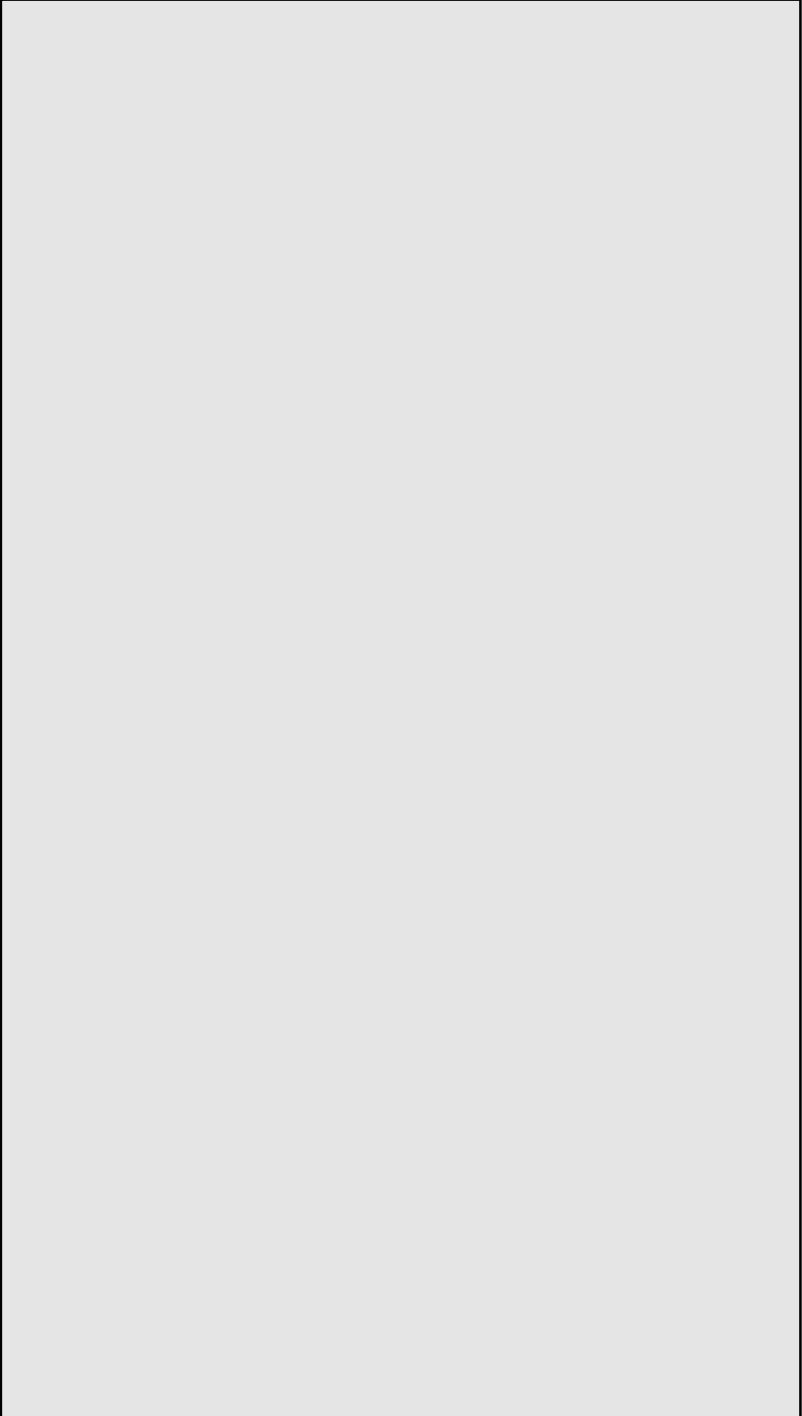
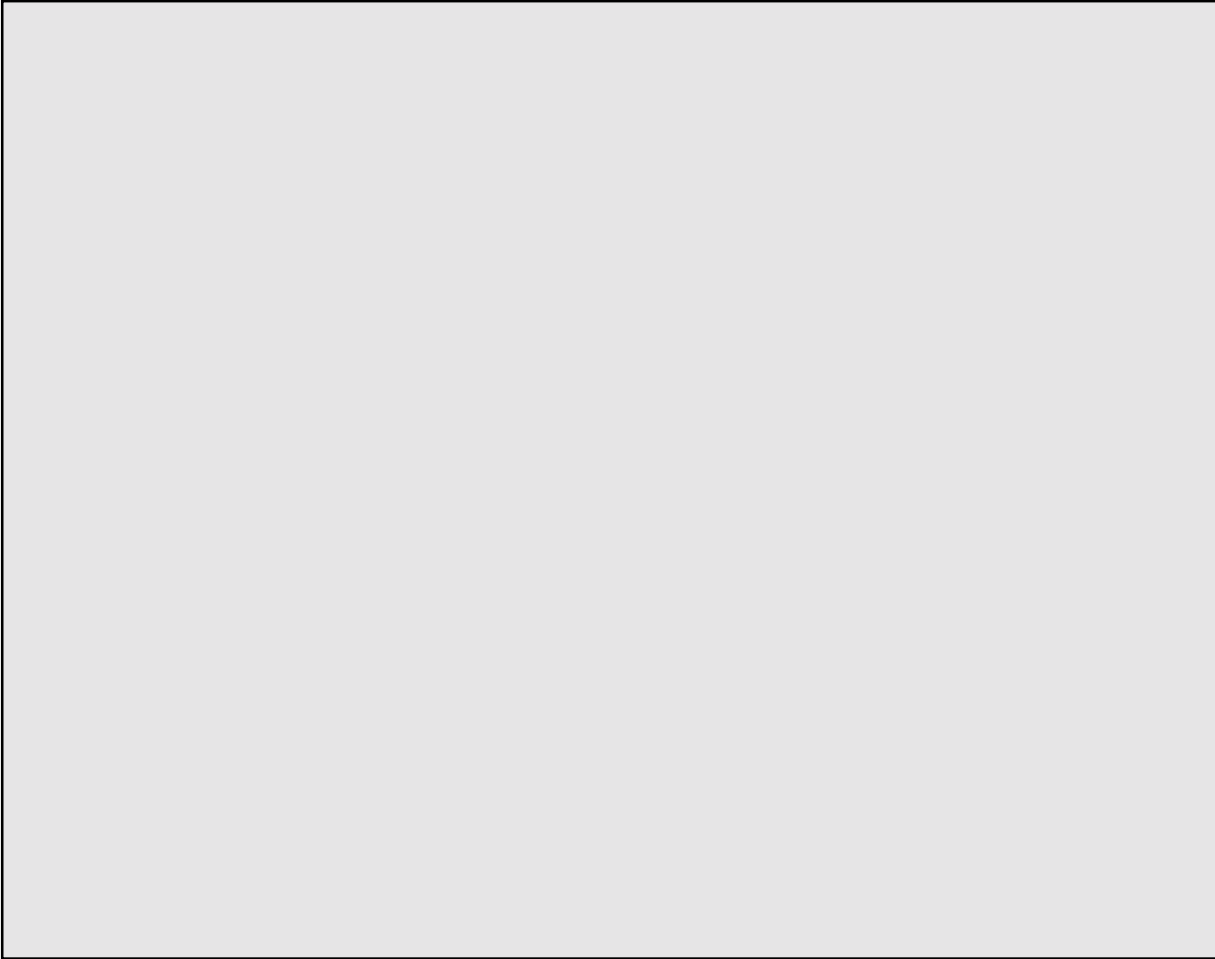
Development of the common access card culminates almost a decade of DOD interest in smart-card applications. Initially, it was seen as a means of conveniently transporting small amounts of information, but advances in technology allow increased storage as well as the capability to conduct secure data transfer and on-line transactions.

"In November 1999, the DOD leadership charged us to innovate by exploiting smart-card applications throughout the department," said Paul Brubaker, DOD deputy chief information officer, whose office oversaw the technological development of the card. "The common access card answers the mail by allowing us to realize the potential that technology offers."



Tyndall Pride

Sideburns will not extend below the lowest part of the exterior ear opening — AFI 36-2903.



Viewpoint

Gulf Defender Editorial Staff

Brig. Gen. William F. Hodgkins
325th FW commander

Capt. John Dorrian
325th FW public affairs officer

Tech. Sgt. Sean E. Cobb
editor

Tech. Sgt. Mona Ferrell
assistant editor

Teresa Nooney
News Herald staffer

2nd Lt. Angela Rogers
staff reporter

2nd Lt. Chuck Lee
staff reporter

e-mail
editor@tyndall.af.mil

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

Commander's Corner:



Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Today is designated “*ORI Day*” and set aside for the entire wing to concentrate our efforts on areas where we need additional emphasis. You’ll hear and learn a lot more in the scheduled briefings than I can share here, but I want to highlight this point — **teamwork**. Without our collective efforts focused and targeted on specific areas, the journey toward our goal would be extremely difficult. We have several hurdles left prior to test day, and if we move forward as a team, one base, one wing ... *Team Tyndall*, we can make it happen.

Another example of a total team effort and success occurred this past weekend with *Retiree Appreciation Day*. **Retired Col. Bobby J. Kirkland** and the volunteers in the Retiree Activities Office were instrumental in bringing this event to the Tyndall community. Also, services provided by agencies in the **325th**



Brig. Gen. Hodgkins

Medical and Support Groups were the cornerstone to the event’s success. Many people worked through the weekend to show their appreciation for folks who are vital to our community. Thanks Team Tyndall ... and thanks Retirees!

Finally, this week we hosted the **F-22 Site Activation Task Force** conference. This event marked the first of many steps in the process that will culminate with the 325th Fighter Wing receiving our first F-22 Raptor in 2003. The next visible milestone to our community will occur as we begin breaking ground early next year for the facilities needed to support the F-22. The next couple of years will be an exciting time to be a part of the Air Force and the Checkertail Clan as we move our wing into a new chapter of history, a new aircraft and a new millennium of air superiority. I ask now and will continue to ask for your best efforts in making the transition a smooth one.

Have a great week!

Air Force clubs are a professional privilege

Master Sgt. Dale E. Hansen
Tyndall NCO Academy
curriculum division
superintendent

In a 1995 article for *Airpower Journal*, former Air Force Chief of Staff General Ronald R. Fogelman said, “As members of the joint team, we airmen are part of a unique profession that is founded on the premise of service before self. We are not engaged in just another job ...”

The essence of Fogelman’s remarks hit the core of what we are in the military; proud professionals engaged in the service of

our country — a calling that is more than *just another job*!

If we, as members of the United States Air Force, are to embrace and retain the coveted title of professionals, then we must also support the professional privilege of being members of our Air Force clubs.

Today’s military has evolved into a modern, cohesive fighting force capable of delivering a lethal blow in support of our nation’s objectives. As such, the professional members of today’s military are now better educated,

●Turn to CLUBS Page 7

Action Line



Lisa Carroll

From left to right; **Col. Worth Carter**, 325th Support Group commander; **Master Sgt. Dale Hansen**, Tyndall NCO Academy curriculum division superintendent; **1st Lt. Jonelle Eychner**, 325th Services Squadron executive officer; **Col. William L. Bledsoe**, 325th Fighter Wing vice commander; and **Chief Master Sgt. Anderson Edwards**, NCOA commandant; stand by while Hansen receives a \$3000 scholarship check for his award-winning essay in the 2000 Air Force Club Membership Scholarship program.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Q. My wife took our child to the pediatrics clinic and they were waited on by a member of the staff. I am upset because the staff member was rude, questioned why we waited so long to bring our child in for medical attention, and also questioned our ability to care for our child.

A. Thank you for giving me the opportunity to look into the incident you experienced in the pediatric clinic. Over the past few months the pediatric clinic has undergone a major change in how they operate and specifically how they process their customers through the clinic. As a result, the medical providers have delegated major responsibilities to their support staff. This includes the detailed screening and histories that are now being accomplished by the support staff.

With any new responsibility and most especially in the area of triaging and medical interviewing, it takes skill, practice and sensitivity to build up to professional standards. In your case, the questions that were asked by the nurse were necessary and required by the provider. Depending on your responses, your child may have required an emergency room visit versus an urgent visit to the clinic. To prevent any perception of rudeness, the personnel are adding an interview skills-building learning model into their training schedule. This should prevent any miscommunications in the future. Thank you for bringing this matter to my attention.

Q. I am calling because the Tyndall Elementary School bus

●Turn to ACTION Page 7

WAPS 2001 promotion testing cycles announced

RANDOLPHAIRFORCEBASE, Texas (AFPN) — The Air Force Personnel Center recently announced testing windows for calendar 2001. They are as follows:

- Cycle Testing Dates:**
01E6 (Technical Sergeant) Feb. 1 - March 15, 2001
01E7 (Master Sergeant) Feb. 1 - March 15, 2001
01E5 (Staff Sergeant) April 1 - 30, 2001
02E8 (Senior Master Sergeant) Nov. 1 - 10, 2001 (evaluation board meets Feb. 5-23, 2002)
01E9 (Chief Master Sergeant) Sept. 4 - 7, 2001

Rescheduling must be kept to an absolute minimum to ensure everyone can be tested within the testing window, AFPC officials said. Individuals who will depart on temporary duty during the testing window must test prior to their departure. Commander's support staffs and base testing offices must work closely together to ensure compliance with Air Force Instruction 36-2605, paragraph A9.10, Air Force Military Testing Program.

If an individual is going to be TDY from their base during the entire testing window, or is permanently changing stations, they will be tested up to 10 days prior to the publicized testing window if

the test booklet is available. Individuals who cannot be tested prior to departure, or those who are given less than 10 days departure notification, will be tested as soon as possible after their return to their home station unless they qualify for additional preparation time in accordance with AFI 36-2605.

Members who decline testing when given the opportunity to test become ineligible for promotion for the remainder of the cycle. Members who have questions about these procedures should contact the military personnel flight career-enhancement office.

“With the upcoming promotion testing cycles not far away, now is a good time to review test-compromise issues,” AFPC officials said. “Air Force members should be familiar with the violations that can lead to the compromise of a Weighted Airman Promotion System test. These regulations help guarantee that every enlisted member has the same opportunity as their peers to study, test and get promoted to the next rank.”

The prohibitions below, while not all-inclusive, are the most common.

●Developing and using local study and training guides focusing on preparing for selection or promotion tests, or which use testable materials such as Air Force Pamphlet 36-2241, Promotion Fitness Examination Study Guide, as

reference material, are prohibited. Members may use commercial study guides, but their use is not recommended or supported by Air Force officials. Air Force funds cannot be used to purchase commercial study guides and commercial study guide software may not be placed on government computers, even if purchased with personal funds.

●Air Force members may not engage in group study to improve test scores or aid in studying for a test. Group study includes discussing or sharing, in any form, information about actual test material or marked or highlighted testable material.

●Training, official or unofficial, formal or informal, concentrating on “teaching the test” is prohibited. This includes training emphasizing information known or believed to be on a specific Air Force test. Training may not focus on preparing for promotion; however, training programs for end-of-course tests or proficiency are authorized. Training that teaches general test-taking skill is also permitted.

●Developing and using lists of questions and answers, except those prepared and used exclusively by an individual, are prohibited.

●Government computers may not be used for creating, storing or transferring personal study notes.

Thinking about getting out? Think again!

Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

●CLUBS from Page 5

trained, and equipped. Also, more people serving today are married. These factors add up to a more dynamic force. A force that is held together by our core values. As members of the profession of arms we must promote a proud, professional image and we need a place where we can come together to perpetuate our professional growth. The place where we can come together is our Air Force clubs.

As the military evolved, so did the Air Force clubs. The services offered by our clubs have kept

pace with the changing dynamics of Air Force members while still remaining the focal point for unit and base activities. Clubs offer cutting edge music, karaoke and game rooms for entertainment. Numerous dining options are also available throughout the week to please even the most demanding diners. Utilizing the services Air Force clubs have to offer is one way we can enjoy our professional privileges.

The club also provides a location where our unique traditions can be passed on to future generations. As members

of the profession of arms, we have traditions and customs that support organizational morale activities and enhance readiness. The club is the perfect place to hold professional military education graduation banquets, dining ins, Order of the Sword inductions and retirement ceremonies. As professionals, we have the privilege and the responsibility of supporting and attending these events. These, and other functions, are key attributes of the distinct sub-culture of our professional organization — the United States

Air Force.

In recent years our clubs have come under attack. The draw down thinned our ranks, taking valuable members into the private sector. Numerous bases are experiencing booming local civilian economies that now compete for club business. These and other challenges caused some to question the continued need for clubs. I would argue that we do need clubs. Our Air Force is changing to meet new challenges and our clubs are keeping pace. Our Air Force clubs are a part of our profession — a professional privilege we must embrace and support.

●ACTION from Page 5

won’t stop at the new side of Kisling Loop. There are at least eight children who would benefit from this pickup location and the closest other bus stop is six-tenths of a mile away. I have contacted the school administration and the housing office without satisfaction.

A. Thank you for your concern regarding bus pickup locations on Tyndall. Bus pickup locations are set by the Bay County School District Transportation Department. In coordination with our housing office and construction inspectors for Redfish Point, the school transportation department established the current pickup locations as the safest bus service route in this busy construction area. Construction is estimated to continue for another five weeks, then the school transportation department will establish a more convenient bus service to the entire Redfish Point area. Please remain patient until construction is complete. We regret the inconvenience for you and your children; however, we did not want to compromise our children’s safety. We will notify the school transportation department as soon as construction vehicles vacate the area and we can expand the bus service. Thank you again for your patience as we strive to make Tyndall a better place to live and work.

TRICARE is here to help. If you need assistance, call your TRICARE service center, (800) 444-5445



Service demographics offer snapshot of the force

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force Personnel Center recently published its quarterly report on the active-duty and civilian populace.

The report offers a snapshot of the service’s active-duty and civilian employees, providing a more descriptive look at the service.

The latest version covers July 1 through Sept. 30. This demographic information is also available on the center’s web site in the public affairs area. There is also more statistical information under the center’s analysis page in the personnel statistics area.

Active-Duty Demographics
Force Strength

- Approximately 351,379 individuals are on active duty; 69,023 officers and 282,356 enlisted personnel.
- The Air Force has 12,275 pilots, 4,960 navigators and 34,026 non-rated line officers in the grades of lieutenant colonel and below.

Age

- The average age of the officer force is 35; for the enlisted force it’s 29.
- Of the force, 37 percent are below the age of 26.

Sex

- 19 percent of the force are women.
- 17 percent of the officers and 19 percent of the enlisted are women.
- 54 percent of the female officers are line officers; 46 percent are non-line.
- 84 percent of the male officers are line officers; 16 percent are non-line.
- The population of women has increased from 33,000 (5.4 percent) in 1975 to 66,172.
- Women first entered pilot training in 1976, fighter pilot training in July 1993 and navigator training in 1977.

- Currently there are 408 (3 percent) female pilots and 146 (3 percent) female navigators.

Race/Ethnic Group

- Racial minority representation rose from 14 percent in 1975 to 26 percent.
- 74.26 percent of the force are Caucasian; 16.06 percent African American; 4.86 percent Hispanic and 4.82 percent other.
- Officers: 85.40 percent Caucasian; 6.41 percent African American; 2.24 percent Hispanic and 5.95 percent other.
- Enlisted: 71.54 percent Caucasian, 18.41 percent African American, 5.50 percent Hispanic, and 4.55 percent other.

Marital Status

- 62 percent of the current force is married.
- 73 percent of the officers and 59 percent of the enlisted are married.
- There are 17,100 military couples in the Air Force.
- 1,216 of these are married to members of other services.

Dependents

- Active-duty members supported 507,017 dependents.
- 414,709 are dependents-in-household.

Overseas

- 21 percent of the current force is assigned overseas.
- 10,292 officers and 62,937 enlisted personnel are overseas.

Total Active Federal Military Service

- The average total active federal military service is 11 years for officers and 9 years for enlisted.

Academic Education

- 55 percent of the officers have advanced or professional degrees.

- 44 percent have a master’s; 10 percent have professional degrees and 2 percent have doctorates.
- 29 percent of company grade officers have advanced degrees; 21 percent have a master’s; 8 percent have professional degrees and 0.3 percent have doctorates.
- 91 percent of field grade officers have advanced degrees; 74 percent have a master’s; 14 percent have professional degrees and 3 percent have doctorates.
- 100 percent of the enlisted force have at least a high school education.
- 90 percent have some semester hours towards a college degree.
- 14 percent have an associate’s degree or equivalent semester hours.
- 4 percent have a bachelor’s degree.
- 0.7 percent have a master’s degree.

Component

- 53 percent of the officers have a regular commission.
- 57 percent of the line officers have a regular commission.

Professional Military Education

- 61 percent of the officers have completed one or more PME courses.
- As their highest PME, 8,691 have completed at least one Senior Service School; 14,542 have completed an Intermediate Service School; while 19,148 have completed Squadron Officer School.

Source of Commission

- 20 percent of the officers were commissioned through the Air Force Academy; 42 percent through ROTC; and 20 percent through OTS.
- The remaining 18 percent were commissioned from other sources.

Term of Enlistment

- 37 percent of the enlisted personnel are serving in their first term of

enlistment.

- 16 percent are on their second and 47 percent are on their third or greater term of enlistment.

Total Civilian Strength

- As of Sept. 30 there were 143,688 civilian employees.
- 75 percent are white collar and 25 percent are blue collar.

Citizenship

- 133,240 are U.S. citizens, including U.S. nationals (9,588 are Air Force Reserve Technicians).
- 10,437 are foreign national employees.
- 11 are other non-U.S. employees in the U.S. or territory.

Age

- The average age is 46 years.

Length of Service

- The average length of service is 16 years.

Gender

- 36 percent are female and 64 percent are male.

Race/Ethnic Group

- 70.8 percent are Caucasians; 23.7 percent are minority and 5.5 percent are not reported.
- 10.9 percent are African American; 7.9 percent Hispanic and 4.9 percent other minority.

Overseas

- 12 percent of total work force are

assigned overseas (17,057).

- 39 percent are U.S. citizens including U.S. nationals. This is 5.9 percent (8,100) of all U.S. citizens.
- 61 percent are local nationals.
- 0 percent are other non-U.S. employees in U.S. or territory.

Education

White Collar

- 37 percent have a college degree.
- 13 percent have master’s and 1 percent have a doctorate degree.
- 29 percent have accumulated hours toward a bachelor’s degree.
- 10 percent have an associate’s degree or equivalent.
- 25 percent have at least a high school education.
- 6 percent have less than a high school diploma.

Blue Collar

- 4 percent have a college degree.
- Less than 1 percent have a master’s degree.
- 31 percent have accumulated hours toward a bachelor’s degree.
- 10 percent have an associate’s degree or equivalent.
- 54 percent have at least a high school education or equivalent.
- 11 percent have less than a high school diploma.

How breast cancer is diagnosed

Capt. Laura J. Palm
325th Medical Operations Squadron
family practice clinic

In the United States, 182,800 new cases of breast cancer will be diagnosed this year. The most common sign of breast cancer is a new lump or mass. A lump that is painless, hard and has irregular edges is more likely to be cancer. Many people detect these lumps during their monthly self-breast exams. Other signs of breast cancer include:

- A swelling of part of the breast.
- Skin irritation or dimpling.
- Nipple pain or the nipple turning inward.
- Redness or scaliness of the nipple or breast skin.
- A discharge other than breast milk.

If something unusual is found on your mammogram, or if you or your doctor finds a breast lump, other tests will need to be done to find out if cancer is really present. Your doctor may suggest a diagnostic mammogram or a breast ultrasound. These imaging tests can sometimes

tell if a lump is benign. The only way to know for sure if you have breast cancer is to do a biopsy. During a biopsy, cells from the breast are removed so they can be studied in the lab. There are three main types of biopsies. Fine needle aspiration biopsy uses a thin needle, which is guided into the area of the breast where the lump is. Occasionally this is aided by ultrasound. Once the needle is in place, fluid and cells can be drawn out. The cells that are drawn out are sent to a lab for diagnosis. Core needle biopsy uses a larger needle to draw out a larger area of tissue from the breast. This is done at the doctor’s office with a local anesthetic. The third type is the surgical biopsy. The patient will have this done in an operating room under general anesthesia. The surgeon is able to remove an entire lump along with surrounding tissue to study it. The good news is that of the 700,000 American women who will have breast biopsies this year, 80 percent will be told they don’t have cancer. Many women have fibrocystic changes, which are

benign, that affect at least half of all women at some point in their lives. In most cases, this condition is recognized by its typical symptoms—cysts, lumpiness, areas of thickening, tenderness or pain. Cysts often enlarge and become painful just before the menstrual period, because they are influenced by the monthly hormonal changes. Avoiding caffeine may help this condition. If a woman is found to have a biopsy positive for cancer, the tumor will be “staged,” a prognosis telling how fast the cancer may spread. The key to survival rate is early detection. By including all of the healthy lifestyle risks discussed earlier and the early detection methods discussed last week, a woman will most likely have a better prognosis for survival and be among those beating breast cancer. At Tyndall, if a patient has had an abnormal mammogram, the patient will return for a diagnostic mammo-gram or ultrasound. If a possibility for cancer exists, the patient is referred to a surgeon downtown for the biopsy. If the patient is positive for breast cancer, civilian specialists will take over treatment.

Feature

For the munitions flight, work is more than just a job ... It's the bomb

2nd Lt. Angela Rogers
325th Fighter Wing
public affairs

Getting lost is about the only way many Tyndall members will ever find themselves in the far corners of the base. Even still, few lost newcomers will venture far enough to approach the gated road leading to the bomb dump.

The bomb dump is actually not a dump at all, said Chief Master Sgt. Charlie Criswell, 325th Maintenance Squadron munitions flight chief. It is slang used to refer to the munitions storage area, 85 acres used to store \$214 million worth of munitions — everything from bullets to bombs.

The munitions flight receives, inspects and supplies munitions to Tyndall's three fighter squadrons as well as for Fort Rucker, Ala.'s Helicopter Rescue Squadron and Pensacola, Fla.'s Water Survival School, Criswell said. They store munitions for 45 supply points on base such as the 325th Security Forces Squadron, the 83rd Weapons Evaluation Group and the Air Force Research Laboratory. In addition, the flight stores munitions used by the Coastal System Station Navy dive school and for naval ships that come into port.

"Each unit that has munitions stored in the storage area has a separate account," said Capt. Mark Sotallaro, 325th MXS munitions flight commander. "By using a computer data base, we keep track of what they store, what they use and what they give us back."

But the munitions flight is not concerned with Tyndall and its satellites alone. Tyndall is home to a Combat Ammunitions

Systems base computer, said Tech. Sgt. Keith Nestinger, 325th MXS CAS-B systems administrator. "The computer gets input from data bases at remote locations," he said. "The CAS-B receives information at the unit level. Then, it is upchanneled to CAS-C computers at the major command levels. CAS-A is at the top of the pyramid at Hill AFB, Utah. There, they could tell you where every bullet, bomb and missile that the Air Force has is kept."

Munitions are stored in the same manner throughout the Air Force. "Munitions are stored in a concrete igloo with two feet of earth on top," said Tech. Sgt. James Reagh, 325th MXS munitions storage crew chief. "The blast doors provide access, but they contain motion sensors," he said. "If someone just walks into this building, there will be a bunch of cops here within minutes. Nothing can be moved in this area without it going through us and getting our OK."

Of course, there is more to munitions storage than simply piling the munitions into an igloo for safe keeping. "We keep track of everything," Reagh said. "We have to know the net explosive weight of the building, which is the amount of explosives that you can safely put in a building so if something did go boom, it wouldn't wipe out half the panhandle. We also have to organize explosives into compatibility groups which is determined by a chart that shows which items will be least likely to set each other off. We also store high-risk munitions, and the risk categories go up depending on how easy it is to take, conceal and use it. In addition, we courtesy store Stinger missiles for the Navy, which are fairly small but can easily take out a jet. Such munitions are kept in special igloos that are alarmed for high-risk munitions."

Because all munitions are weapons, and

thus involve some degree of risk, the munitions flight must carefully monitor the locations of the weapons at all times. "A data base allows us to have real-time updates of the locations of all of our munitions equipment and any munitions that we have on the flightline," said Master Sgt. Richard Neff Jr., 325th MXS munitions control chief.

The road from the bomb dump to the flightline is a long one. "If the fighter squadrons tell us their online time is at 0500, our day starts at 0400," said Staff Sgt. James Vann, 325th MXS dispatch crew chief. "We have to do maintenance checks on the vehicles, hook up the trailers and drive to the flightline. The trip from here to the flightline is four miles and takes about 45 minutes," he said. "When you're traveling with volatile munitions, you're only allowed to go 10 mph.

"If anything goes wrong with the jets, we have to return to the flightline and unload the munitions, so they can do maintenance on the jets," Vann said. "Most days we begin at 0400 and we don't get lunch until we leave at 1500. Our days are very busy."

Members of the munitions flight are very dedicated to their work. "The people in AMMO are an incredible lot to be around," Sotallaro said. "It's a lot of fun. We're a very tight-knit group and we're very proud."

Pride is in the job, that's what it's all about, said Senior Airman Michael Crawford, 325th MXS precision guided munitions crew member. "I came into AMMO because the recruiter said I could blow stuff up," he said. "He was a little bit wrong — but after I got into the job, I fell in love with it. There is a lot of diversity in this job and a lot of travel. It's a blast — literally. Our job is what makes the Air Force the Air Force."



From left to right: 325th Maintenance Squadron flight and Airman 1st Class Christopher Yannayon, carry



Senior Airman Brian Crabtree, 325th MXS munitions storage crewmember, inventory

Mader loads a box of chaff onto a trailer. Fighter pilots use chaff, which is composed of aluminum strips, as a countermeasure to radar-guided missiles.





Photos by 2nd Lt. Angela Rogers

t line support crew members Airman 1st Class Jeffrey Mader, Airman 1st Class Charles Colombani and Airman 1st Class Matthew Armstrong are preparing to load it onto an F-15.



Columbani, rear, and Yannayon, secure a missile to a trailer preparing it for transport to the flightline.



s storage crew chief, left, and Airman 1st Class Matthew Armstrong, are preparing to load it onto an F-15. Courtesy courtesy-stored munitions.



Senior Airman Daniel Miller, 325th MXS precision guided munitions crewmember, right, and Senior Airman Michael Crawford, 325th MXS precision guided munitions crewmember, assemble a captive air training missile. The missiles are used to simulate an actual AIM-9 missile for training student pilots.

Your link
to what's going on

Gulf
Guide

OCTOBER

FRI 20

Pharmacy closure

The Tyndall pharmacy will be closed today for mandatory medical readiness training.

SAT 21

Cemetery cleanup

ANCO Association-sponsored cemetery cleanup will be 8 a.m.-noon Saturday at the Greenwood Cemetery, located at the corner of Lisenby and 17th Street. Volunteers are asked to bring yard tools and work gloves. Lunch will be provided after the cleanup is complete. For more information, call Staff Sgt. Robert Barnett, 283-8734.

MON 23

‘Moms, Pops & Tots’

The parent and child interaction play group, “Moms, Pops & Tots”, for parents and their under-age-5 children meets 9:30-11a.m. every Monday at the youth center. For more information, call 286-5812.

Coastal navigation class

The Coast Guard Auxiliary Flotilla 19 advanced coastal navigation class will be 6:15-9 p.m. Monday in the auxiliary classroom next to the Coast Guard Station. The 12-session course will meet Mondays and Thursdays until Nov. 20. The course is designed to teach classical methods of coastal navigation applicable to small vessels. There is no charge for the instruction, but a \$35 material charge is necessary for the book, study guide and charts. For more information, call 769-1896 or 785-7596.

Breast-feeding class

A breast-feeding class will be 3-5 p.m. Monday in the behavioral health conference room. For more information, call family advocacy, 283-7272.

Anger-management workshop

The three-session anger-management workshop will continue 1-3 p.m. Monday in the family advocacy conference room. The course will include recognizing and identifying the causes of anger and developing effective anger-management strategies. For more information, call family advocacy, 283-7272.

TUE 24

Couples’ class

The four-session couples’ communication class will continue 3-5 p.m. Tuesday in the family advocacy conference room. The class will focus on helping couples learn better ways to communicate, solve problems and have fun together. For more information, call family advocacy, 283-7272.

WED 25

Parenthood course

The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday in

the family advocacy conference room. The class will cover basic infant care and development, care of a sick infant and how to cope with a crying baby. For more information or to register, call family advocacy, 283-7272.

THU 26

Pharmacy closure

The Tyndall pharmacy will close 2 p.m. Thursday for commander’s call. Customers are advised to plan accordingly for new and refill prescription services.

Sibling-preparation class

A sibling-preparation class for children ages 3-10 and their parents will be 11 a.m.-noon Thursday in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

FRI 27

Comptroller squadron closure

The 325th Comptroller Squadron will close at noon Oct. 27 for an official function.

Position opening

An opening exists for a NCO Academy commandant at Maxwell AFB, Gunter Annex, Ala. The reporting date is April 16, 2001. Chief master sergeants interested in applying can send their application package to: Chief Master Sgt. Sandy Williams, CEPME/CV, 550 McDonald St., Maxwell AFB, Gunter Annex, Ala., 36114-3107. The package has to arrive no later than Oct. 27. For more information, call Chief Master Sgt. Sandy Williams, DSN 596-1470.

NOTES

Privately owned weapons

Military members who reside in temporary lodging, enlisted or officer dormitories or have family members who are paid for providing child-care services in base housing are not allowed to store privately owned weapons in their quarters. These members may use the 325th Security Forces Squadron POW courtesy storage program. Weapon-storage in privately owned vehicles is also not permitted. Weapons can only be transported on base to and from the skeet and trap range, hunting areas and base housing. For more information about POW storage, call combat arms, 283-2114.

Common-sense parenting class

A common-sense parenting class will be scheduled by family advocacy when four or more families request it. The six-week class is based on a model developed at Boys Town in Omaha, Neb. and focuses on changing behavior patterns, using consequences and building effective parent-child communication techniques. For more information, call family advocacy, 283-7272.

Nursing-moms’ program

A nursing-moms’ program is available for Air Force families enrolled in the new parent support program and whose sponsor is technical sergeant and below. First and second lieutenants can also be assisted through this program. Air Force Aid can help with the rental or purchase of a breast pump. Vouchers are given after the birth of a baby. For more information, call the family advocacy nurse, Rosemary Cunningham, 283-7272.

Volunteer speakers needed

The Tyndall Speakers’ Bureau is in need of volunteers. Military and civilians of all ranks and grades are encouraged to volunteer to help tell local schools and civic organizations about the Air Force and its mission. For more information or to volunteer, call 283-8572.

Volleyball coaches needed

The Panama City Juniors girls’ volleyball club will be starting its season in December and is looking for coaches. The club serves Bay County and the surrounding areas. Anyone with experience in coaching or playing is encouraged to apply. The first organizational meeting will be in late November. For more information, call Debbie Funkhouser, 874-8676, after 7 p.m.

Improved web site

The Air Force has redesigned its public web site, Air Force Link, to give users more flexibility and enhance access to daily news. Visitors to the site will now have the ability to personalize several aspects of the Air Force Link home page. The redesigned site can be accessed at: www.af.mil.

RETIREE NEWS

Information resources

The Retiree Activities Office is offering the following contact points to help retirees get answers to questions about benefits and other concerns.

Beneficiary Services: (800) 444-5445. Use this number to speak to a TRICARE service representative for information on enrollment, primary care manager assignments and address changes.

Health Care Information Line: (800) 333-5331. This number is a 24-hour information line, staffed by a registered nurse for help in deciding whether you should treat your illness (or that of a family member) at home or seek professional care.

Health Care Finder Line: (800) 333-4040. Use this number for authorization of hospital admissions and specialty procedures. In most cases, your primary care giver will make these arrangements on your behalf. This number may also be used to reach the program for persons with disabilities.

Behavioral Health: (800) 700-8646. Use this line for behavioral health and substance abuse authorizations.

DEERS: (800) 538-9552. The Defense Enrollment Eligibility Reporting System should be updated whenever you have a change of beneficiary status or change of address.

TRICARE Claims Services: (800) 403-3950. Use this line for claims-related questions. The 325th Medical Group managed-care office also assists with TRICARE claims. Contacting the Benefits Counseling and Assistance Coordinator first is recommended. The BCAC is located in Building 1406 on Mississippi Avenue, or call 283-7331.

Debt Collection Assistance Officer: 283-7331. The DCAO is also located in Building 1406 and provides assistance to active duty, retirees and family members with TRICARE-related debt-collection problems.

Retiree Activities Office: 283-2737. Additional resources can be found by logging on to the Retiree Activities Office internet site at: www.tyndall.af.mil/325FW/RAO.htm. The web site includes links to Medicare, Social Security, Department of Veterans Affairs, TRICARE and the formulary for Tyndall, Eglin and Fort Rucker pharmacies. The latest issue of *Afterburner* and the latest Tyndall RAO newsletter can also be found at the web site.

YARD SALES

The following yard sale is scheduled for Saturday: 2976-A Starfighter Ave. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: “Godzilla 2000” (PG, monster violence and mild language, 97 min.)

Saturday: “Hollow Man” (R, strong violence, language, some sexuality, nudity, 113 min.)

Sunday: “Hollow Man”

Thursday: “Bring it On” (PG-13, sex-related material and language, 99 min.)

Everyone should use alcohol responsibly

Courtesy of the 325th Medical Group ADAPT Program

It’s time that we stop “winging it” when it comes to being responsible with our drinking. We are lucky to live in an age where we have the information that can prevent severe consequences from irresponsible drinking.

Previous generations have had to suffer with death and loss only wondering why it happened to them. Today we have guidelines to help us

be more responsible and prevent the loss, illness and death caused by excessive alcohol consumption.

We have more choices than ever before on whether or not we become a drunk-driving statistic or develop the disease of alcoholism.

Preventing driving under the influence and the development of alcohol abuse and dependence is as simple as following the rules of responsible drinking. And if you are unable to follow the rules of responsible drinking, get the help you need

to get control of your drinking before your drinking gets control of you.

So what does it mean to drink responsibly? Most people don’t know the answer to this, even though the answer can make the difference between life and death. Definitive lines are being drawn between responsible drinking and what is called “hazardous drinking.” Responsible drinking does not lead to negative personal consequences in relationships, employment, health or any other aspect of our lives. Hazard-

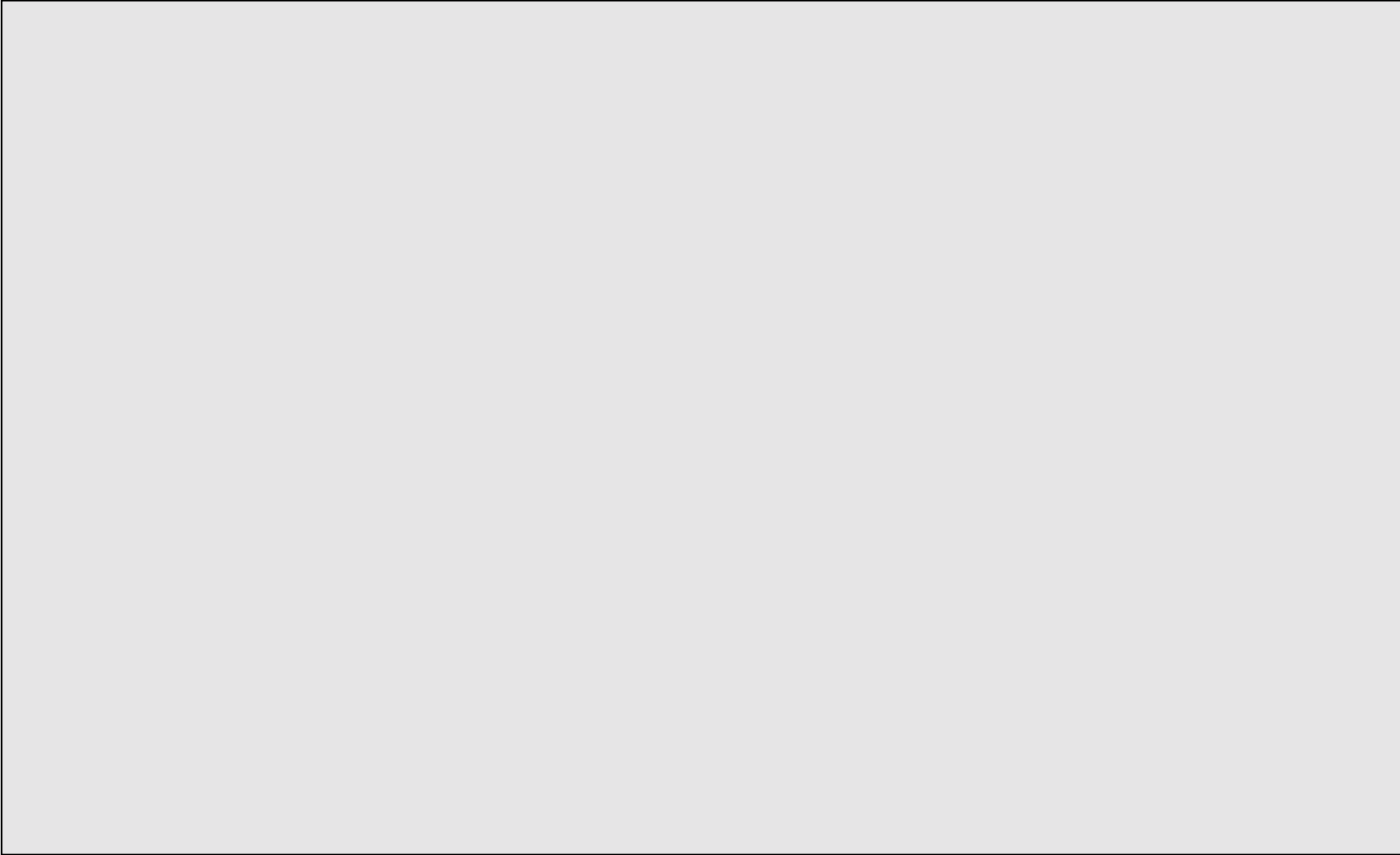
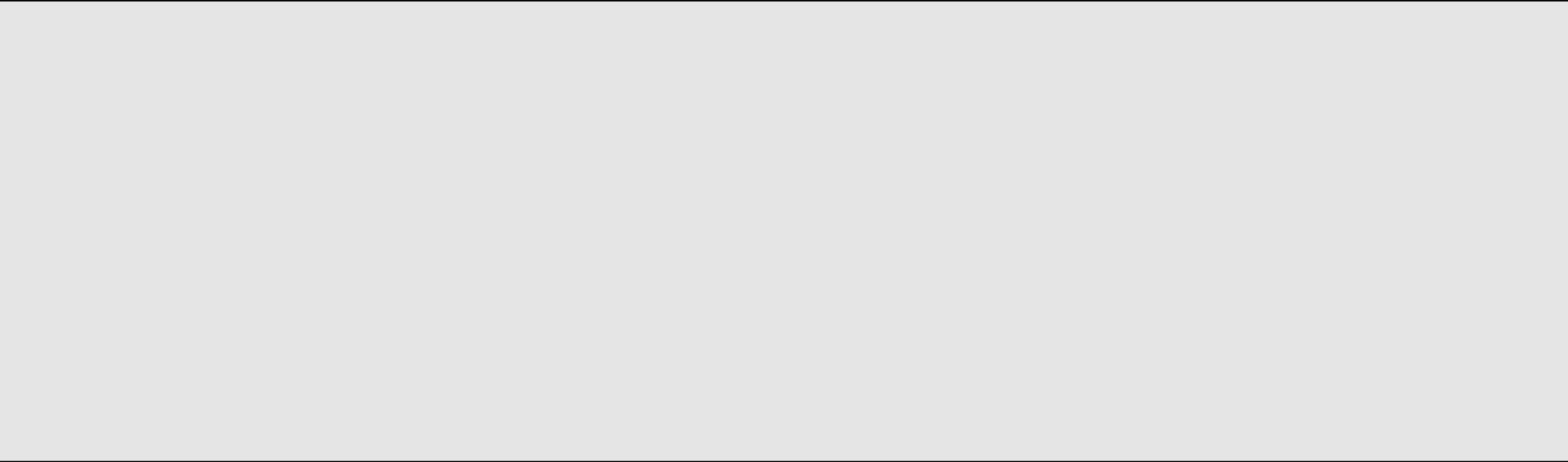
ous drinking can very quickly lead to any or all of these consequences to include alcohol abuse and alcohol dependence, illnesses that currently impact 14 million Americans.

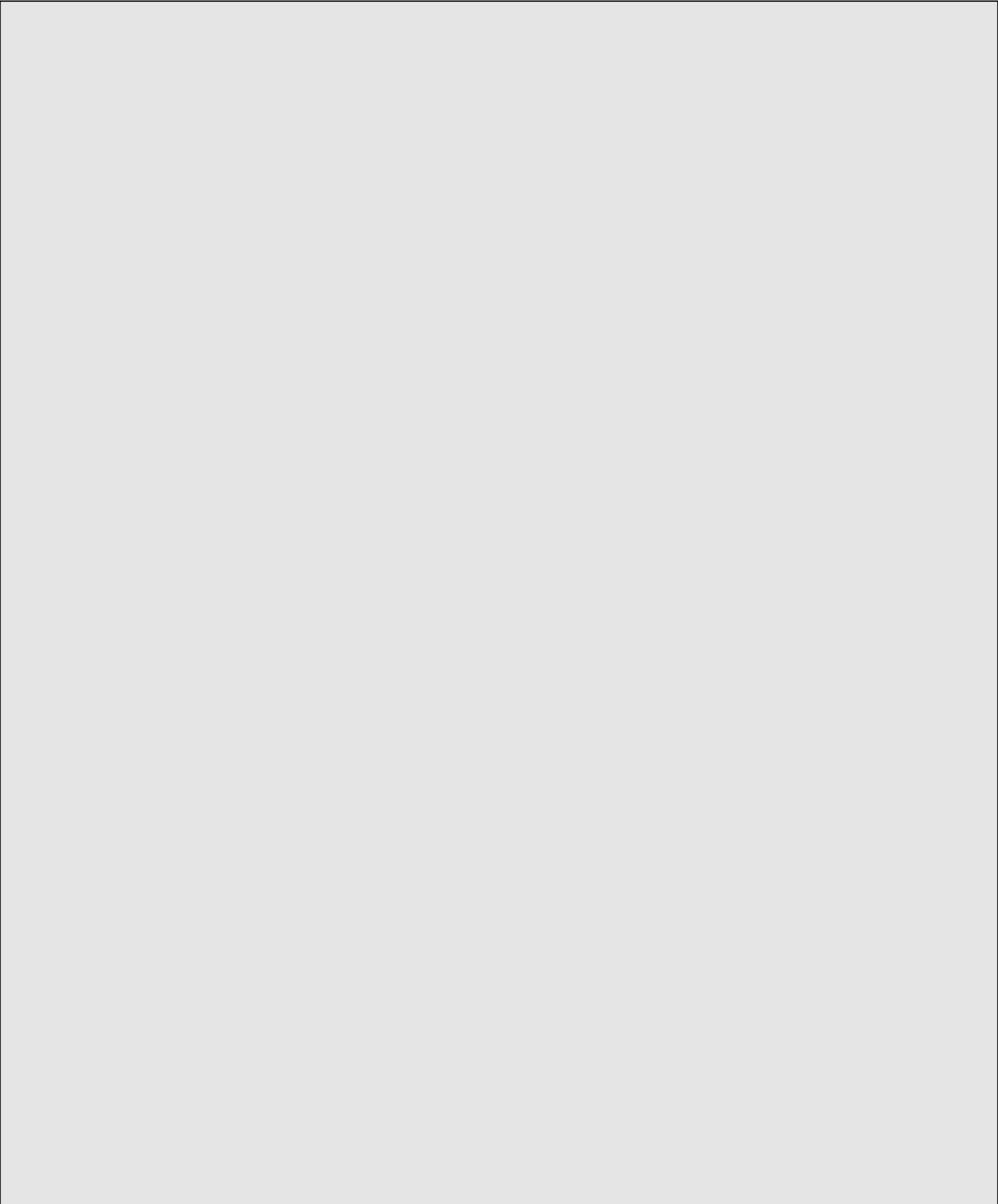
The National Institute on Alcohol Abuse and Alcoholism describes hazardous drinkers as men who consume more than four drinks on one occasion or more than 14 drinks per week, and women who drink more than three drinks on any one occasion or more than seven drinks per week. Drinks are defined as 12 ounces of

beer, five ounces of table wine, or one and a half ounces of 80-proof distilled liquor.

Responsible drinking for men, according to the NIAAA, is not more than 2 drinks per day or 12 drinks per week; for women, not more than one drink per day or six drinks per week. Both men and women should have one day per week that is alcohol free to prevent the development of daily habit drinking. Exceeding these limits

●Turn to DRINK Page 17





Support for e-forms now in place

WASHINGTON (AFPN) — Additional help is now available for Air Force people having trouble filling out electronic forms.

The Air Force Departmental Publishing Office web site at: www.afpubs.hq.af.mil/ has incorporated under its “Frequently Asked Questions” feature, information on FormFlow problem solving, said Carolyn Watkins, AFDPOdirector.

“The department designed this

feature for the web site to ensure everyone has the necessary knowledge about FormFlow to successfully incorporate it into day-to-day business,” Watkins said.

The site will also feature a trouble report log specifically for FormFlow users that will be updated periodically and allows customers an opportunity to send in their questions, she said.

The web site is one of the best sources and most widely used

tools for obtaining information, Watkins said. In addition to the web site, customers may call the customer service desk at defense sevices network, 754-2438; commercial (202) 404-2438; or send an e-mail to: ets@pentagon.af.mil. They will receive an answer, a call-back or e-mail message with a response.

“This additional navigation tool will inevitably make this critical portion of our Air Force more effective,” Watkins said.

Spotlight



2nd Lt. Chuck Lee

Senior Airman Andrew Hawkes

Squadron: 325th Operations Support Squadron
Job title: Air traffic controller
Years at Tyndall: One and a half
Hometown: Andover, Maine
Why did you join the Air Force: To see the world, broaden my horizons and to get an education and training.
Most exciting facet of your job: It’s never dull and is constantly challenging.
Short-term goals: Become fully rated in my job.
Long-term goals: Go to college and get a degree.
Favorite book: “The Bible”
Favorite movie: “Saving Private Ryan”
Hobbies and off-duty activities: Golf, travel and basketball.

Mail early, pack carefully for gifts to arrive as intended

Staff Sgt. Kathleen T. Rhem
American Forces Press Service

WASHINGTON (AFPN) — Everybody has good intentions when selecting and sending gifts, but good intentions will carry one only so far if packages arrive too late or arrive damaged.

To assist people in sending gifts out on time, Military Postal Service Agency experts publish deadlines each year to get cards and packages in the mail early. To ensure cards and packages arrive at their destination by Christmas, experts recommend the following guidelines.

- Packages going to military APO and FPO addresses sent standard mail must be shipped by Nov. 6.
- Space-available mail, or SAM, must be sent by Nov. 27.
- Parcel airlift mail, or PAL, must be sent by Dec. 4.
- First class letters and cards and packages sent by priority mail should be mailed by Dec. 11 to ensure on-time delivery.

SAM packages are first transported domestically by surface and then overseas by air on a space-

available basis. SAM parcels must be less than 15 pounds and no more than 60 inches in length and girth combined.

PAL service is space-available air transportation for parcels up to 30 pounds and 60 inches in length and girth combined.

Different fees apply for standard mail, SAM, PAL and priority mail.

For complete information on the Military Postal Service Agency, visit their web site at: www.hqda.army.mil/mpsa/about.html.

Packaging can affect whether or not a gift arrives unscathed. Follow these U.S. Postal Service guidelines:

- Outer wrapping: If a box itself is adequate for mailing, don't use wrapping paper. If wrapping paper is necessary, paper as strong as a regular large grocery bag is recommended.
- Cushioning: Cushioning is important to absorb and distribute shock, pressure and vibration. Cushion each individual item above, below and on all sides. Examples of cushioning includes plastic "popcorn," corrugated cardboard and shredded newspa-

pers. Slightly overfill the mailing container with cushioning material to minimize settling and shifting.

- Several items, fragile items: When several items are packaged together, they should be protected from one another as well as from external force. The items can be individually wrapped in paper or foam and boxed separately. The boxes can then be placed in the external container and again cushioned on all sides.
- Packing tape: Cellophane and masking tapes aren't strong enough and should not be used in mailing.
- Address: Each package must show a complete delivery address on the container or on a label attached to the container. A return address must be placed in the upper left corner of the container or the label. Postal experts recommend placing the names and addresses of the sender and recipient and a description of the contents inside the box as well. This can aid in delivery if the address on the outside of the container should become unreadable or the package is damaged. Markings from all previous mailings should be obliterated.



2nd Lt. Chuck Lee
Astrid Knoblauch, United States Postal Service distribution and window clerk, loads packages for mailing at the Tyndall Post Office. Overseas packages must be mailed soon if they are to arrive before the holiday season.

For mail sent to civilian international addresses, the following deadlines apply:			
International mail addressed to:	Air letters and cards	Air parcel post	Surface
Africa	Dec. 4	Dec. 4	Oct. 27
Asia-Pacific Rim	Dec. 11	Dec. 11	Nov. 3
Australia/New Zealand	Dec. 11	Dec. 11	Nov. 3
Canada	Dec. 15	Dec. 15	Nov. 24
Caribbean	Dec. 11	Dec. 11	Nov. 11
Central/South America	Dec. 4	Dec. 4	Nov. 3
Mexico	Dec. 11	Dec. 11	Nov. 11
Europe	Dec. 11	Dec. 11	Nov. 11
Middle East	Dec. 11	Dec. 11	Oct. 27

Driving safely while in deer country pays off

Ken Jolley
*325th Fighter Wing
safety office*

Several years ago I was a motorcycle safety instructor for the Air Force’s motorcycle safety course. I taught many new riders about motorcycle safety and stressed the importance of wearing personal protective equipment. As an instructor, I never knew if I was having an effect on the students’ riding habits.

One evening I received a telephone call from the command post that a motorcyclist had struck a deer on base. I drove to the scene in time to see the rider being loaded into the ambulance. There was a vast amount of blood on the road. A deer carcass lay in two pieces on the asphalt. Tire marks indicated that the bike had only been able to brake for a few feet before the impact. The speed limit on this backstretch of road was 60 mph. The rider had skidded and

tumbled 88 feet after the impact. A blood-covered helmet lay broken on the shoulder.

I drove to the hospital to document what I assumed was a fatal injury for my safety report. Upon arrival, I learned that the operator was alive. I waited outside the emergency room for a word with the doctor. After about 20 minutes, instead of the doctor, I was surprised to be standing face to face with a young man who had attended my safety course a few days before. I was astounded and chills went up my spine. He recognized me immediately and shook my hand. He told me that I had saved his life. He had hit the deer at over 50 mph and cut the deer in half. He was wearing the remains of a full padded-leather riding suit and riding boots, now torn and blood soaked from the accident. Under that suit, except for a few minor abrasions, the young man had no injuries at all. He told me he had bought the suit because I



2nd Lt. Chuck Lee

Tyndall has a robust deer population, which means drivers need to be wary as they travel around the base.

had stressed personal protective equipment in the motorcycle class.

Tyndall, much like the base where that mishap took place, has a large deer population. Deer love the short grass that grows along the edges of the

roadways. The deer are everywhere on and off the base. Drivers and motorcyclists alike need to remember that deer do not read signs and have no respect for vehicles on the road. It’s up to the vehicle operator to anticipate the deer’s actions and

take measures to protect themselves, like slowing down and wearing your seat belt. Motorcyclists should wear their helmet, jacket, gloves, eye protection, boots and heavy pants to protect their body.

●DRINK from Page 13

pushes one closer to hazardous drinking and the potential consequences that go with it. If you are unable to stick to responsible limits it’s likely that alcohol has become a problem for you.

When it comes to driving under the influence of alcohol, if you exceed the responsible drinking limits, you put yourself at risk for driving under the influence, or worse. Being impaired is not a function of how you feel, but a function of how much you drink in a given period of time. Not feeling drunk will not prevent you from getting a DUI, from ending your life in a drunk driving accident or ending the lives of other innocent people.

The legal limit in most states now is .08. The average person processes alcohol from their system at a rate of .015 percent per hour they discontinue their drinking. Therefore, if a person has a blood alcohol level of .10, it will take approximately seven hours for that level to return to .00. At .05 the likelihood of you having a car accident is increased two and a half times and at .10 it is increased seven times.

It is hoped that as people learn more about responsible drinking, significant loss from excessive or irresponsible drinking can be prevented. Having more information about how to drink responsibly puts the responsibility on you to examine your drinking behaviors and hopefully address the need to make changes.

If you find you are not able to set responsible limits and stick to them, or you would like further information on the services available through the ADAPT program, call 283-7089.



Combined Federal Campaign:
Why I give

Marcy Sieg

Unit: 325th Comptroller Squadron

Job Title: Budget analyst

Hometown: Panama City


Why I give: “It’s a great cause. I have been very fortunate in life and would like to give something back.”



Master Sgt. Rob Fuller


Tyndall’s chapel schedule

Protestant	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m. Chapel 1	Mass: 5 p.m. Saturday, Chapel 2
General Protestant Service: 11 a.m. Chapel 2	Mass: 9:30 a.m. Sunday, Chapel 2
Sunday school: 9:30 a.m.	Religious education: 10:50 a.m. Sunday
Kids’ Club: 2:45-5:45 p.m. Wednesday	Chapel 2: 283-2925
Catholic	Other faith groups: Call 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	



There's a lot on the line

Contact your American Cancer Society for valuable information on breast cancer.

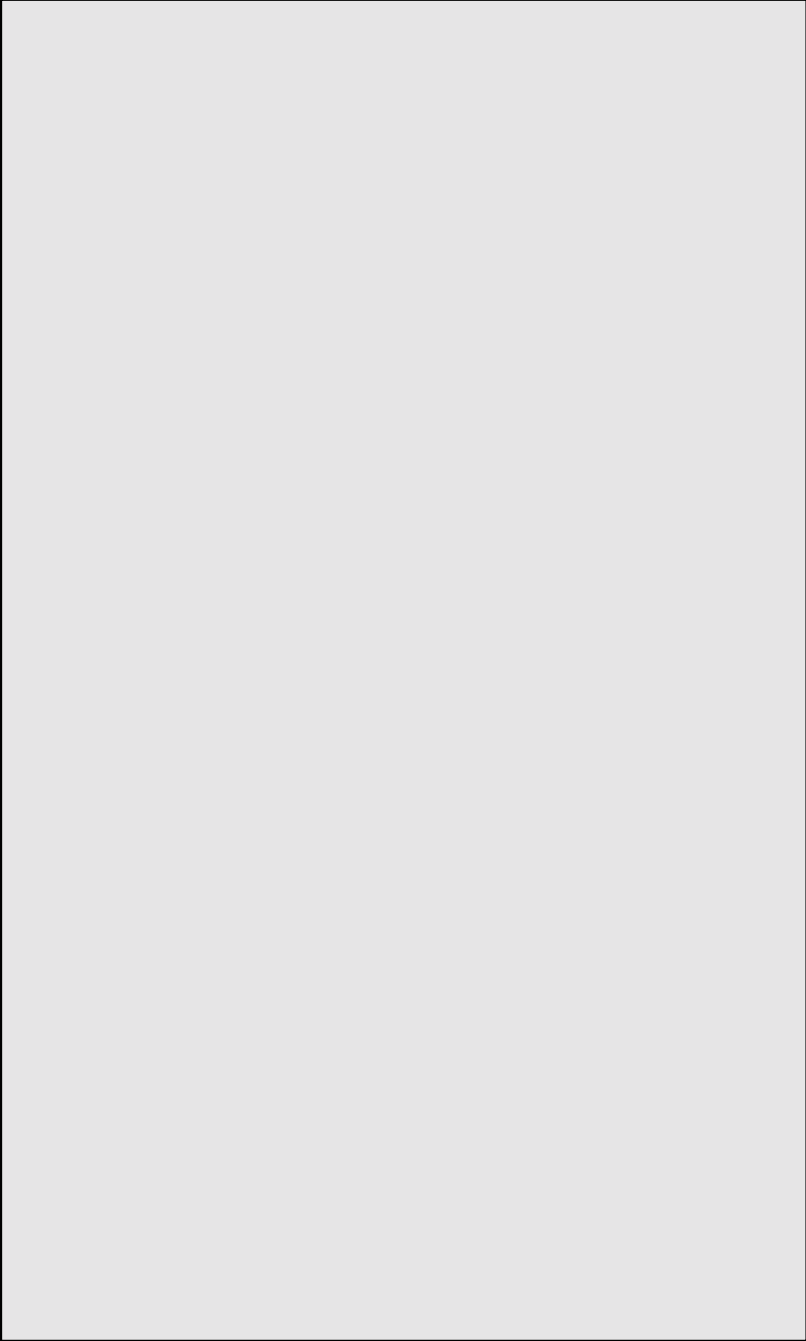
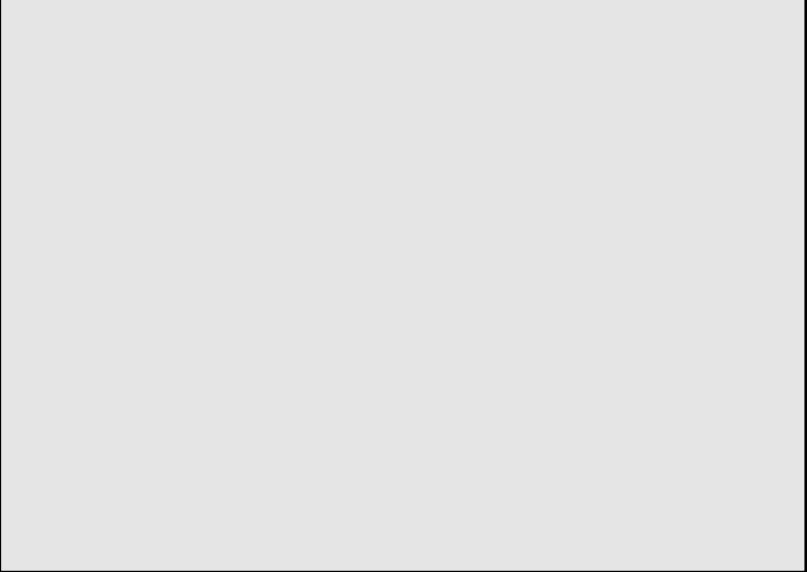
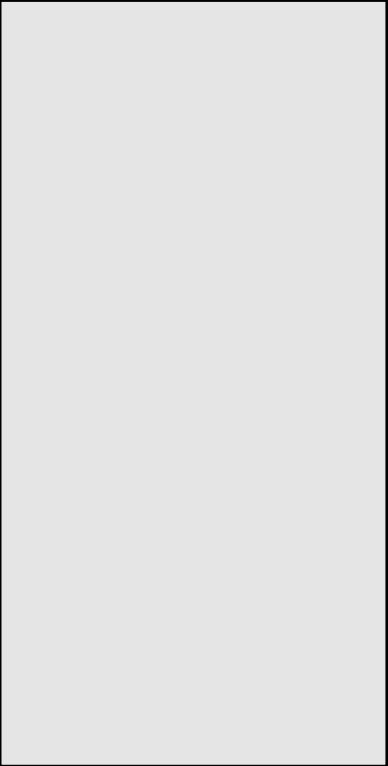


AMERICAN CANCER SOCIETY

Hope. Progress. Answers.

1-800-ACS-2345
www.cancer.org

Save a friend's life.



Sports and Fitness


Intramural flag football standings

Large squadron

Team	Wins	Losses	GB
95 FS 1	6	0	—
OSS	5	0	.5
CES	4	0	1
TRS	5	1	1
1 FS	2	3	3.5
MSS	2	3	3.5
325 MDG	2	4	4
COMM	2	4	4
SEADS	1	4	4.5
95 FS 2	1	4	4.5
2 FS	0	7	6.5

Small squadron

Team	Wins	Losses	GB
83 FWS	6	1	—
SFS	5	1	.5
MXS	4	3	2.
CONS	3	3	2.5
Army	2	5	4
82 ATRS	0	7	6



Know the rules? Be a ref

Intramural basketball officials are needed for refereeing games at Tyndall and the Naval Coastal Systems Station beginning in mid-November. For more information call Jeff Julian, 785-6403.

Intramural golf standings

Squadron	Points
CONR 1	62.5
CES	55.5
TRS	54
AFCESA	52.5
SVS	47.5
MXS	44.5
MSS	41
SEADS	40.5
LSS 1	33
Test 1	26.5
OSS	26
RHS	20.5
CONR 2	20
CONR 3	17
83 FWS	16.5
COMM	14
81 TSS	13.5
372 TRS	11
LSS 2	3.5

Tyndall classifieds

- 1991 Vulcan 500, two helmets, vests, more. Excellent condition, 10K miles, asking \$1,925. For more details, call Brian, 871-2380.
 - 1995 Harley Davidson Sportster, 7,500 miles, excellent condition. Must see, \$8,000 OBO. Call 871-0632.
- 1996 Jeep Grand Cherokee 4X4, fully loaded. Runs great, meticulous service record, \$10,000 OBO. Call Karl, 763-5583.



Place an ad,
make a deal



Bowl a few frames at *Raptor Lanes*



Hours of operation
Monday-Wednesday: 10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.

Help Us Conserve



YOU HAVE
the POWER.

For: All Tyndall active-duty military members, dependents, Department of Defense civilians, contract personnel and retirees may make submissions.

Other guidelines:

Classified request forms must be picked up in person at the Tyndall Public Affairs office, Building 662, Suite 129. Specific policy guidelines are stated below.

- Only personal items less than \$20,000 and pet sales under \$50 will be placed in this section.
- Each submission will run for one week. People wishing to have their item run more than one week must resubmit a request form each week.
- Twenty (20) word limit.
- Only one advertisement per person, per week may be submitted.
- All advertisements are on a first-come, first-serve, space-available basis.
- There is no guarantee of publication.

- Deadline is 4 p.m. Thursday the week prior to publication.
- Forms may be either faxed or dropped off in person to the Tyndall Public Affairs office, Building 662, Suite 129.
- No real estate or rental advertisements will be accepted.
- No businesses, services or events will be accepted. Example: childcare, house cleaning, yard service, handyman.
- The public affairs office is not responsible for sales or claims made by sellers regarding property condition or value.
- All requests for publication must have a contact name and home telephone number.
- The public affairs officer reserves the right to review and edit or refuse any advertisement.
- Personal or relationship-seeking advertisements will not be accepted.
- For more information about the Gulf Defender's classified advertisements, call Tech. Sgt. Sean E. Cobb, 283-2973.

Are you feeling stressed and
have muscular back pain?

Get a massage!



one hour \$35
half hour \$20

The massage therapist located in the Tyndall Health and Wellness Center can massage your worries away. Call 283-2631 for an appointment.